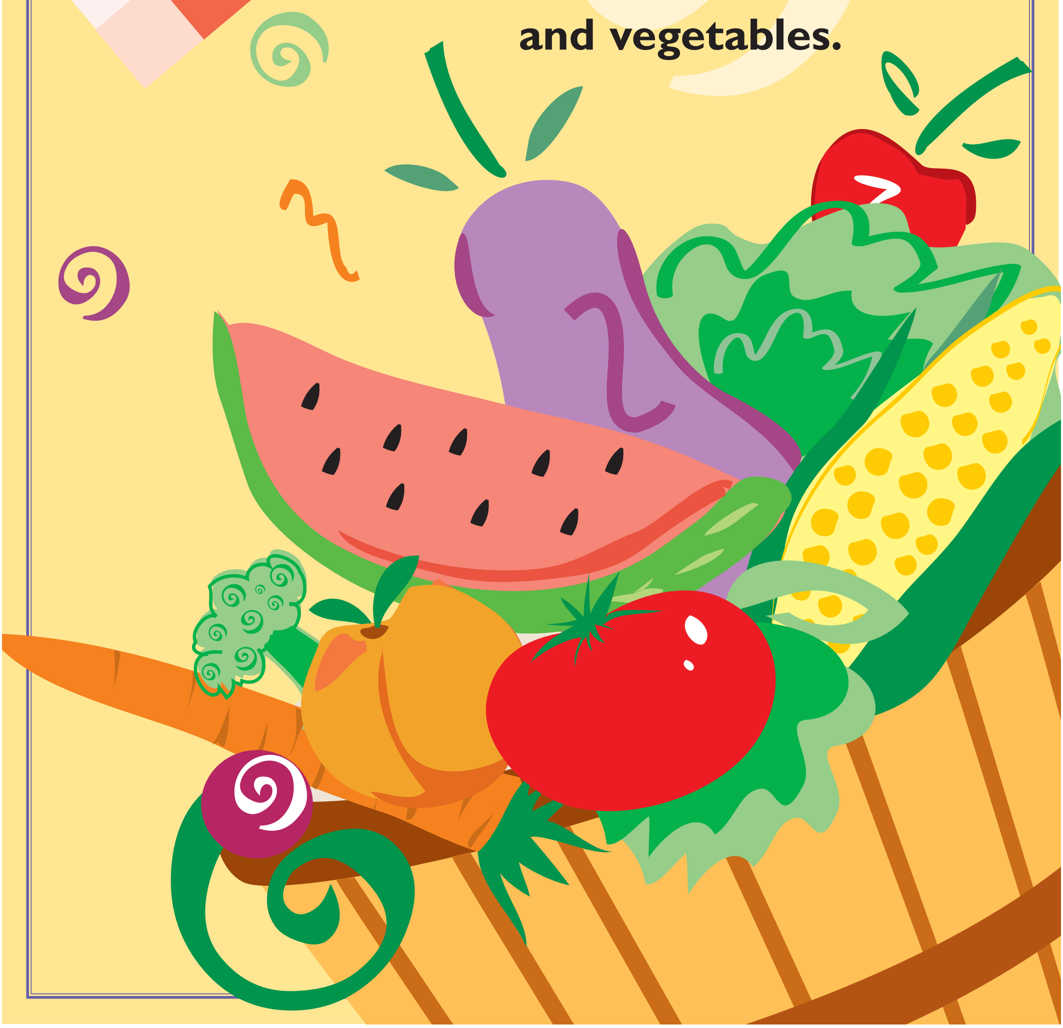
Get FRESH!

A guide for choosing, storing, and preparing fresh Michigan fruits and vegetables.



Get FRESH!

Partially funded by Project FRESH - Farmers' Market Nutrition Program.

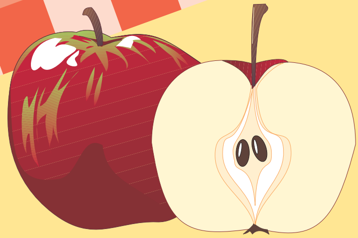
Table of Contents

Apples 5
Asparagus .... 6 - 7
Beans .... 8 - 9
Beets .... 10 - 11
Berries (Blackberries and Raspberries) 12
Blueberries 13
Broccoli .... 14 - 15
Brussel Sprouts .... 16 - 17
Cabbage .... 18 - 19
Carrots .... 20 - 21
Cauliflower .... 22 - 23
Celery .... 24 - 25
Corn .... 26 - 27
Cucumbers .... 28 - 29
Eggplant .... 30 - 31
Greens (Swiss Chard, Beet Greens, Mustard Greens) .... 32 - 33
Kale 34
Lettuce 35
Melons (Cantaloupe, Honeydew) .... 36 - 37
Mushrooms .... 38 - 39

Onions .... 40 - 41
Parsnips .... 42 - 43
Peaches .... 44 - 45
Pears .... 46 - 47
Peas .... 48 - 49
Peppers .... 50 - 51
Plums .... 52 - 53
Potatoes .... 54 - 55
Pumpkin .... 56 - 57
Radishes .... 58 - 59
Rhubarb .... 60 - 61
Rutabagas 62
Spinach 63
Strawberries .... 64 - 65
Squash, Summer .... 66 - 67
Squash, Winter .... 68 - 69
Sweet Potatoes .... 70 - 71
Turnips .... 72 - 73
Tomatoes 74
Watermelon 75

RECIPES

Apples



CHOOSE:
Firm, blemish-free apples with no soft spots or wrinkled skin. One pound of apples equals 3 cups of slices.

STORE:
Apples should be stored in the refrigerator and are best if eaten within 2 weeks.

HOW TO USE:
Wash well and eat plain, on cereal, in yogurt, or use in your favorite recipe.

RECIPES

Apples with Onions

Serves: 4

Ingredients

4 apples, cored and sliced
1 large or 2 small sweet onions, diced
1 tablespoon oil

1. Sauté apples and onions in butter until tender.

Source: Official 5 A Day Recipe
www.cdc.gov

Apple and Carrot Casserole

Serves: 6

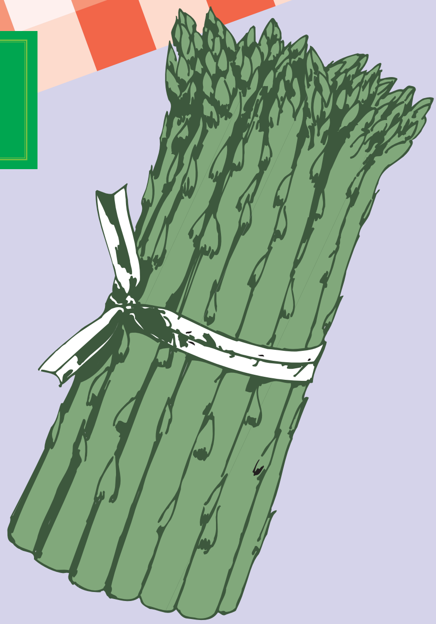
Ingredients

6 large carrots
5 large apples
5 tablespoons sugar
5 tablespoons flour
1/2 teaspoon nutmeg
1 tablespoon margarine
1/2 cup orange juice

1. Slice carrots thinly and cook in salted water for 5 minutes and drain.
2. Slice apples and cook for 5 minutes in clear water and drain.
3. Layer carrots and apples in casserole dish.
4. Mix sugar, flour, and nutmeg and sprinkle on top of carrots/apples.
5. Dot with margarine.
6. Pour orange juice over all.
7. Bake 30-40 minutes in 350° degrees oven.

Source: Official 5 A Day Recipe
www.aboutproduce.com

Asparagus



CHOOSE:

Asparagus spears that are crisp, round and straight, with tight pointed tips that have not begun to flower. Choose asparagus spears that are the same thickness so that cooking time will be similar. Spears that are flat are usually tough. One pound makes about 3 servings.

STORE:

Asparagus should be stored in the refrigerator in a plastic bag and used within 3-5 days.

HOW TO USE:

Wash well and trim about an inch off the end of each spear if it is tough. Asparagus are best when steamed until just tender. They can be laid flat in a steamer or stood upright in a tall pot in about 1 inch of water. Cook them for 4-7 minutes or until they are tender. Asparagus spears are great served as a hot vegetable, in salads or vegetable and dip platters.

Italian Asparagus Salad

Serves: 6

Ingredients

2 cups (approximately 1/2 pound) fresh asparagus pieces
1 small red onion, thinly sliced
2 tomatoes, chopped
1/4 cup bottled Italian salad dressing

1. Cook asparagus in small amount of boiling water until just tender.
2. Plunge in ice water to stop asparagus from cooking anymore.
3. Drain well.
4. Combine asparagus with remaining ingredients, stir gently.
5. Cover and refrigerate overnight.
6. Stir again before serving.

Source: Michigan Asparagus Advisory Board

Asparagus Salad

Serves: 4

Ingredients

2 pounds fresh asparagus (3 cups)
1 teaspoon olive oil
1 tablespoon red wine vinegar
1/4 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons chopped fresh dill

1. Cook asparagus in small amount of boiling water until just tender.
2. Plunge in ice water to stop asparagus from cooking anymore.
3. Drain well.
4. Place in bowl and drizzle with oil and vinegar.
5. Scatter salt, pepper and herbs over the top.
6. Toss gently and let sit for 1/2 hour.
7. Serve at room temperature or chilled.

Source: National Cancer Institute

Beans



CHOOSE:

Slender, smooth, crisp beans with slightly velvety pods and a bright color. Choose beans without big seeds (these indicate older, tougher beans). One pound of beans makes about 4 servings.

STORE:

Beans should be stored in the refrigerator and are best if eaten within 3-5 days.

HOW TO USE:

Wash well and remove stems. Cook beans by steaming in a small amount of water until tender-crisp (about 5-8 minutes). They can also be cooked directly in soups and stews.

Snappy Green Beans with Basil Dip

Serves: 4

Ingredients

1/2 pound fresh green beans, washed and stemmed
1/3 cup low-fat mayonnaise
2 tablespoons 1% milk
1 teaspoon onion powder
1 tablespoon fresh basil, chopped
Seasonings to taste

1. Cook beans in boiling water until tender or about 3 minutes.
2. Rinse under cold water and drain.
3. Mix all ingredients except green beans.
4. Put in small bowl placed in center of serving platter and surround with green beans.
5. Serve.

Source: www.fns.usda.gov/tn

Glossy Green Beans

Serves: 4

Ingredients

1 cup vegetable broth
1 teaspoon cornstarch
2 cups fresh green beans
1/2 teaspoon crushed garlic
1/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon nutmeg

1. Combine broth and cornstarch.
2. Heat mixture in small saucepan until slightly thickened.
3. Steam green beans for 6 minutes.
4. Toss green beans with garlic, salt, pepper and nutmeg.
5. Just before serving, brush beans with thickened vegetable stock.

Source: National Cancer Institute

Beets



CHOOSE:
Firm smooth beets with a deep red color, and, if available, fresh looking tops. Choose beets that are the same size. One pound of beets makes 3-4 servings.

STORE:
Beets should be stored in the refrigerator and are best if used within 2 weeks.

HOW TO USE:
Wash beets well. Beet greens should be removed, but leave an inch or 2 of stem. Do not peel beets until after they are cooked. Cook, covered in boiling water until tender, about 35-55 minutes. Cool slightly and rub off skins.

And the Beet Goes On...

Serves: 4

Ingredients

1 bunch beets (4 large or 8 small beets) with greens
1/2 cup 100% orange juice
1/4 teaspoon salt

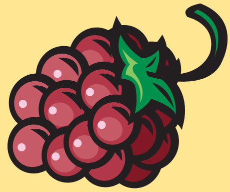
1. Wash the beets and their leaves well.
2. Cut the greens off the beets leaving an inch of stem.
3. Cut the greens into 1/4 inch pieces. Set aside.
4. Cover the beets with water in the saucepan and cook whole until tender (30 – 45 minutes).
5. Drain and run under cold water to cool.
6. Peel and cut into quarters.
7. Place greens in large skillet with 100% orange juice.
8. Toss in quartered beets and continue cooking, uncovered, until they are heated through and the liquid is almost gone.
9. Season with salt and serve.

Source: National Cancer Institute

Berries



Blackberries & Raspberries



CHOOSE:
Berries that are bright, uncrushed, and free of mold. Make sure the box is not stained or leaking.

STORE:
Berries should be stored in the refrigerator in the box they come in, and are best if used within 1-2 days.

HOW TO USE:
Wash the berries before using them. Remove stem caps.

RECIPES

Blackberries with Sweet Vinegar Sauce

Serves: 4

Ingredients

1 cup blackberries

1/4 cup balsamic vinegar

1/4 cup sugar

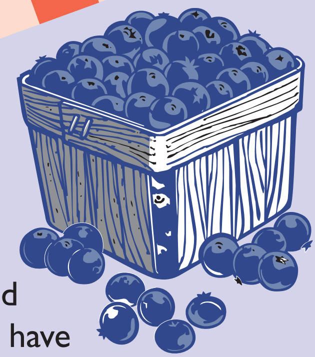
3 drops vanilla extract

1/4 cup plain, non-fat yogurt

1. Combine vinegar and sugar in a small saucepan and bring to a boil.
2. Boil for 4 minutes, stirring often. (Be prepared–the mixture will smell unpleasant as some of the vinegar's acids boil off, and it will reduce a bit.)
3. Turn off heat.
4. Add vanilla.
5. Slowly whisk in yogurt.
6. Toss with berries and serve.

Source: Official 5 A Day Recipe
www.cdc.gov

Blueberries



CHOOSE:
Berries that appear plump, unwrinkled, blue in color, and nearly free of leaves and stems. The box should not be stained or have any signs of mold.

STORE:
Blueberries should be stored in the refrigerator in the original container and are best if used within a week.

HOW TO USE:
When ready to use, wash well. Blueberries are delicious on cereal or yogurt, in fresh fruit salads, pancakes, or muffins.

RECIPES

Blueberry Buttermilk Muffins

Makes 24 muffins

Ingredients

2 1/2 cups all purpose flour

1 cup sugar

1 cup buttermilk

1/4 pound butter

2 1/2 teaspoons baking powder

1/4 teaspoon salt

2 eggs, beaten

1 1/2 cups fresh blueberries, rinsed

1. Stir flour, sugar, baking powder and salt together in a large bowl.
2. In a saucepan, melt the butter and cook until slightly brown.
3. Make a well in the dry mixture and add buttermilk, eggs and melted butter.
4. Mix well.
5. Stir in fresh blueberries.
6. Fill well-greased muffin tins half full.
7. Bake at 400° degrees for 20 minutes.
8. Serve warm.

Source: Michigan Blueberry Grower's Association

Broccoli



CHOOSE:
Compact, firm cluster of flower buds that have not opened.

STORE:
Broccoli should be stored in the refrigerator in a plastic bag and is best if used within 3-5 days.

HOW TO USE:
Wash well and remove tough stems. To cook, boil or steam for about 9-12 minutes. Do not overcook.

RECIPES

Broccoli Salad

Serves: 6

Ingredients

1 head of fresh Michigan broccoli, cut into bite size pieces

1/2 cup raisins

1/4 cup Michigan red onion, chopped

2 tablespoons sugar

3 tablespoons white wine vinegar

1 cup low-fat mayonnaise

1 cup sunflowers

10 slices bacon

1. Place bacon in a large, deep skillet.
2. Cook over medium-high heat until evenly brown.
3. Crumble and set aside.
4. In a bowl, toss together broccoli, raisins and red onions.
5. In a separate bowl, whisk the sugar, vinegar and mayonnaise.
6. Pour over broccoli mixture and toss to coat.
7. Refrigerate for 2 hours.
8. Before serving, sprinkle with sunflower seeds and crumbled bacon.
9. Toss and serve.

Source: michigan.gov/mda

Ways of Using Broccoli Stalks

(Peel stalks by inserting a small, sharp knife under the skin and pulling.)

1. Slice peeled stalks into sticks or circles and add to soups, stews, or stir-fries.
2. Slice peeled stalks can also be added to a vegetable platter with dip.

Kids Cooking

Broccoli Roll-Ups

Ingredients

Slices of white bread

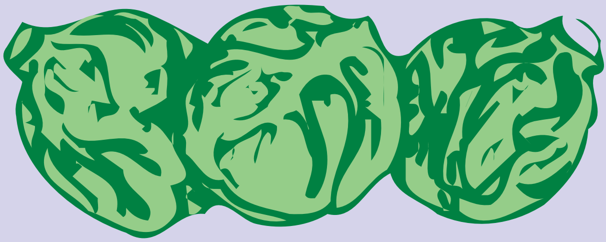
Broccoli flowerets

Slices of cheese

1. Preheat oven to 350° degrees.
2. Cut the crusts off slices of white bread.
3. Flatten the bread with your hand or a rolling pin.
4. Place a half slice of cheese down the middle of the bread.
5. Put a piece of cooked broccoli on top of the cheese.
6. Roll the bread up into a log and place seam-side down on a baking sheet.
7. Bake until cheese melts (about 8 minutes).
8. Cool and cut into rounds.

Source: Oregon State University Extension Office

Brussels Sprouts



CHOOSE:
Firm, compact bright green heads. One pound makes 6 servings.

STORE:
Brussels sprouts should be stored in a plastic bag in the refrigerator and are best if used within a week.

HOW TO USE:
Wash well. Cut off stem ends and take off wilted leaves. Brussels sprouts are tastiest when steamed or parboiled for 5-10 minutes. Do not overcook.

Brussels Sprouts with Peppers and Potatoes

Serves: 6

Ingredients

1 tablespoon margarine or vegetable oil

1 medium onion, chopped

1 large potato, cut in small cubes

1 bay leaf

1 pound Brussels sprouts (if large cut in half)

1 sweet red pepper, cut in 1/2 inch pieces

1/4 cup vegetable or chicken stock

fresh ground pepper

2 tablespoons parsley chopped or green onions

1. In large skillet, melt margarine over medium heat.
2. Add onion, potato, and bay leaf to pan stirring often for 2 -3 minutes.
3. Add Brussels sprouts, red pepper, and stock.
4. Cover and cook for 8-10 minutes or until sprouts and potatoes are tender (add water, if necessary, to prevent scorching).
5. Season with pepper to taste.
6. Sprinkle with parsley or onion and serve.

Source: www.aboutproduce.com

Cabbage



CHOOSE:
Firm, heavy cabbages that are free of yellowing leaves, splits, or soft spots.

STORE:
Cabbages should be stored in the refrigerator and used within 2 weeks.

HOW TO USE:
Wash well and remove wilted leaves.

RECIPES

Cabbage Comfort

Serves: 4

Ingredients

1 medium onion

1 teaspoon olive oil

1 pound sliced cabbage

1/4 teaspoon salt

1/4 teaspoon black pepper

1 teaspoon caraway seeds

1. In a large pan, heat oil.
2. Sauté onions until light brown (about 5-6 minutes).
3. Add sliced cabbage, salt, black pepper and caraway seeds.
4. Stir and cook for 30 minutes.

Source: Official 5 A Day Recipe
www.cdc.gov

Pepper & Cabbage Salad

Serves: 6

Ingredients

1/2 cup rice vinegar

1 small (1 pound) red or green cabbage, shredded

2 large red or green bell peppers, or a combination, cut in thin strips

1 small onion, cut in half and sliced thinly

2 cloves garlic, finely chopped

1. Toss vinegar with cabbage, peppers, onion and garlic.
2. Refrigerate for several hours before serving.

Source: Official 5 A Day Recipe
www.recipeamerica.com

Snappy Cole Slaw

Serves: 4

Ingredients

2 cups cabbage, washed and shredded

1/4 cup cider vinegar

1/4 cup water

2 tablespoons sugar

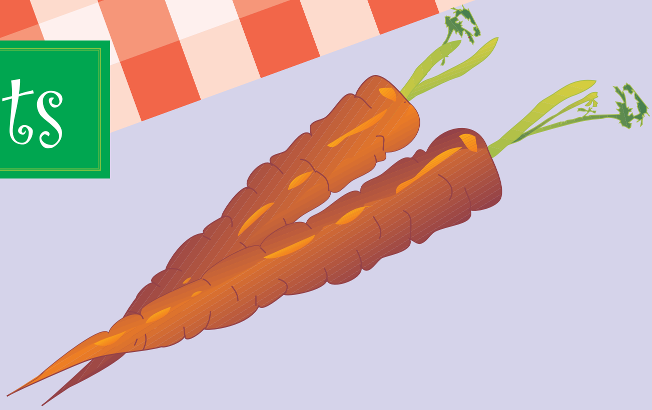
1/2 teaspoon mustard

1/4 teaspoon pepper

1. Put cabbage in mixing bowl.
2. Bring the vinegar and water to a boil in a saucepan.
3. Remove from heat and add other ingredients except cabbage to saucepan.
4. Continue to cook this mixture in the saucepan until the sugar is dissolved and hot, then pour over the shredded cabbage.
5. Toss and refrigerate until chilled to blend flavors.

Source: Michigan State University Extension

Carrots



CHOOSE:

Carrots that are firm, smooth, evenly shaped, and have a bright orange color. Do not choose those that are flabby, shriveled, rough, or cracked. One pound will serve 3 or 4 or equal about 3 cups grated, 3-1/2 to 4 cups sliced or diced.

STORE:

Carrot greens should be removed right after purchase. Carrots should be stored in the refrigerator wrapped in plastic and are best if used within 1-2 weeks

HOW TO USE:

Wash well. Carrots can be eaten raw, or they can be cut up and cooked by steaming, boiling, stir-frying, or as part of a soup or casserole.

Carrots and Apples

Serves: 4

Ingredients

2 cups fresh carrots, scrubbed and sliced

1/4 cup cooking liquid or 1 tablespoon margarine

1 apple, cored, peeled, and sliced

1 tablespoon honey or brown sugar

1/4 teaspoon salt

1/2 teaspoon cinnamon

1. Cook carrots until almost tender, drain, save liquid.
2. In large frying pan, melt margarine.
3. Add remaining ingredients.
4. Cover and cook over low heat until apple is tender, stir occasionally.

Source: Michigan State University Extension

Carrot and Raisin Sunshine Salad

Serves: 4-6

Ingredients

1 pound (5 – 6) Michigan carrots, peeled and shredded

1/2 cup raisins

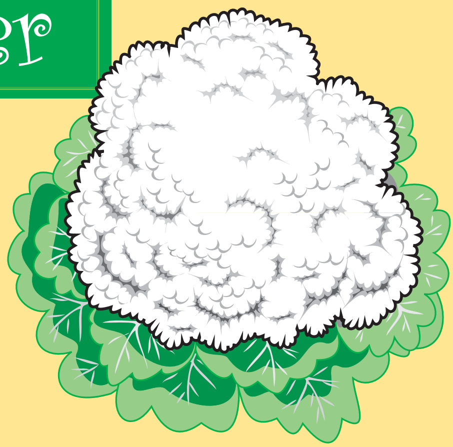
1 carton (8 ounces) low-fat vanilla yogurt

4 – 6 lettuce leaves

1. Mix together all ingredients, except lettuce leaves, in a mixing bowl.
2. Cover and refrigerate for 15 minutes.
3. Toss before serving.
4. Serve on lettuce leaves.

Source: www.michigan.gov/mda

Cauliflower



CHOOSE:

Clean, white, firm heads without spots or bruises. Avoid those heads with open flower clusters. One head makes 4 servings.

STORE:

Cauliflower should be stored in the refrigerator in a plastic bag and is best if used within one week.

HOW TO USE:

Wash well. Separate into flowerets. Steam or boil for 8-10 minutes.

Cauliflower with a Touch of Lemon

Serves: 6

Ingredients

1/2 small head of cauliflower, cut into florets
2 cups of broccoli, cut into florets
1 tablespoon olive oil
1 clove garlic, minced
2 tablespoons lemon juice
2 teaspoons fresh parsley, chopped

1. Steam broccoli and cauliflower until tender (about 10 minutes).
2. Sauté garlic in oil.
3. Remove from heat, add lemon juice, and stir.
4. Put the vegetables in a serving dish and pour the sauce over the vegetables.
5. Garnish with parsley.

Source: National Institute of Health

Creamy Cauliflower

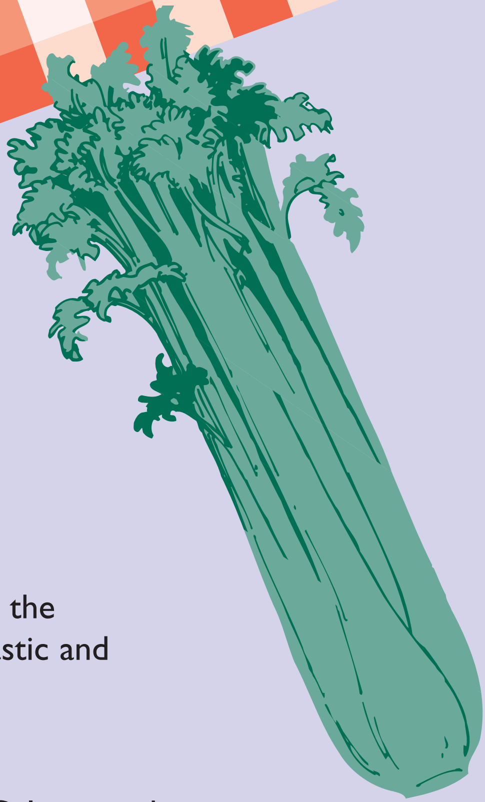
Serves: 4

Ingredients

1 medium head of cauliflower, separated into florets
1 can cream of chicken soup
1/2 cup sour cream
2 teaspoons lemon juice
dash paprika

1. Cook cauliflower in water 8 – 12 minutes or until tender; drain.
2. In a saucepan combine remaining ingredients.
3. Heat through and pour over cauliflower.
4. Sprinkle with paprika.

Celery



CHOOSE:

Crisp bunches of celery with fresh green leaves. 1 pound equals 4 cups chopped or sliced.

STORE:

Celery should be stored in the refrigerator wrapped in plastic and used within 2 weeks.

HOW TO USE:

Wash well and trim ends. Celery can be eaten raw or cooked. It is a popular and flavorful addition to soups and stews.

Celery Sticks

Ingredients

18 two-inch celery sticks
1 cup grated Cheddar cheese
1/4 cup onions, minced
1 tablespoon red bell pepper, minced
1/2 cup mayonnaise
Dash red pepper sauce
Salt and pepper to taste

1. In a large mixing bowl combine all ingredients except celery sticks.
2. Thoroughly mix.
3. Stuff the celery sticks with the mixture to the point of overfilling.
4. Cover and refrigerate until ready to serve.

Source: www.michigan.gov/mda

Celery Slaw

Ingredients

4 cups celery, chopped
1 cup carrots, grated
1/2 sweet onion, chopped
1/2 cup bell pepper, chopped
3/4 cup raisins

Dressing
2 tablespoons mayonnaise
1/4 cup plain, non-fat yogurt
2 tablespoons cider vinegar
1 tablespoon Dijon mustard

1. Toss the celery, carrots, onions, red pepper, and raisins together in large bowl.
2. Combine the mayonnaise, yogurt, vinegar, and mustard in small bowl.
3. Whisk until smooth.
4. Pour the dressing on the vegetables and toss to mix well.
5. Chill and serve.

Source: National Cancer Institute

Corn



CHOOSE:

Cold cobs, still in their fresh-looking green husks and with tassels. Check that they are free of worm injury. Cobs with small, shiny kernels are generally sweeter and more tender than those with large, deep yellow, dull kernels. Six ears will yield about 3 cups of kernels. Figure on 1 or 2 ears per person.

STORE:

Refrigerate cobs in their husks until you are ready to cook them. They should be used within a few days.

HOW TO USE:

Corn is best cooked as soon after picking as possible. Remove husks just before cooking. To cook corn on the cob, place husked corn in a kettle with a small amount of boiling water. Cover and steam for 5 minutes.

Corn and Tomato Salad

Serves: 6

Ingredients

Dressing

1/4 cup unsweetened 100% apple juice

2 tablespoons balsamic vinegar

1/2 teaspoon arrowroot or corn starch

Salad

1 1/2 cups fresh corn kernels

3 large tomatoes

Garnish

Basil leaves

1. Preheat oven to 425° degrees.
2. Combine the apple juice, vinegar, and arrowroot or cornstarch in a small saucepan.
3. Stir over medium-high heat until clear and thickened.
4. Set it aside to cool.
5. Spread the corn on a baking sheet in a single layer.
6. Lightly coat with olive oil pan spray.
7. Roast corn in oven until it begins to brown (about 5 minutes).
8. Slice the tomatoes and arrange on salad plates.
9. Scatter the corn over the tomatoes and drizzle the sauce around the vegetables.

Source: National Cancer Institute

Corn Fritters

Serves: 4

Ingredients

4 large ears (cobs) of corn

2 eggs, separate egg yolks from egg whites

2 tablespoons flour

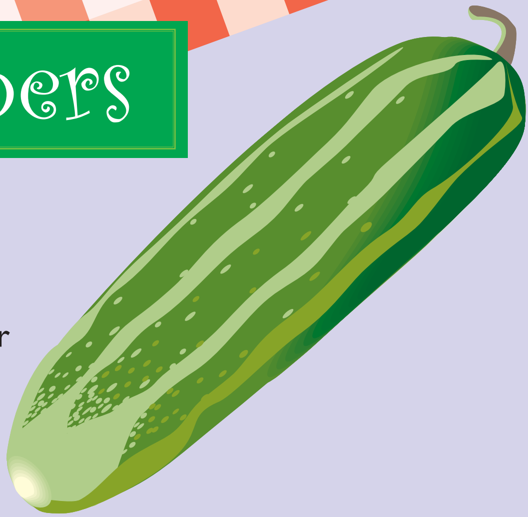
1 tablespoon sugar

salt and pepper

unsalted butter

1. Cut the kernels from the ears of corn into a bowl.
2. In a large bowl, beat the egg yolks until light.
3. Beat in the flour, sugar, salt and pepper to taste.
4. Stir in the corn.
5. In another bowl, beat the egg whites until stiff.
6. Gently stir into corn mixture.
7. Heat a lightly greased griddle over medium heat.
8. Drop the corn batter by small spoonfuls onto the hot griddle and cook until golden brown.
9. Serve warm.

Cucumbers



CHOOSE:
Firm, green, and slender cucumbers that do not have spots or wrinkled skin.

STORE:
Cucumbers should be stored in the refrigerator and are best if used within 1 week.

HOW TO USE:
Wash well. Cucumbers are almost always eaten raw or without the skin. They can be sautéed or stir-fried too.

Cucumber Sandwiches

Ingredients

1 small package of cream cheese

bread slices

1 cucumber, peeled and sliced

dill

1. Spread cream cheese on slices of bread.
2. Cut bread slice into 4 equal squares.
3. Put a cucumber slice on each bread square.
4. Top with pieces of fresh dill.

Tomato, Cucumber, and Red Onion Salad

Serves: 6

Ingredients

2 large cucumbers, halved lengthwise, seeded and sliced

1/3 cup red wine vinegar

1 tablespoon sugar

1 teaspoon salt

3 large tomatoes, chopped

2/3 cup red onion, chopped

1/2 cup chopped fresh mint

3 tablespoons olive oil

salt and pepper to taste

1. In a large bowl toss together cucumbers, vinegar, sugar, and salt.
2. Let stand at room temperature for 1 hour, stir occasionally.
3. Add tomatoes, onion, mint and oil to cucumbers and stir to blend.
4. Season to taste with salt and pepper.

Source: Official 5 A Day Recipe
www.cdc.gov

Eggplant



CHOOSE:
Heavy, firm eggplant with smooth, shiny skin free of scars. One pound of raw eggplant equals three cups diced.

STORE:
Eggplant should be stored in a refrigerator and is best if used within a week.

HOW TO USE:
Wash well before using. The peel can be eaten. Eggplant can be broiled, baked, sautéed, steamed, stewed, or fried.

RECIPES

Mediterranean Roasted Eggplant with Tomato Sauce

Serves: 4

Ingredients

2 small eggplants

1 cup low-sodium pizza or spaghetti sauce

1/4 cup plain low-fat yogurt

1 clove garlic, finely chopped

1. Preheat the oven to 350° degrees.
2. Wash, remove the stem, and slice the eggplant into 1/2" slices.
3. Spray a baking pan with olive oil and lay the eggplant on it in a single layer.
4. Spoon low-sodium pizza or spaghetti sauce on each slice.
5. Bake 30 minutes in the pre-heated oven.
6. Stir the yogurt and garlic together.
7. Drizzle the sauce in thin lines on each side of the eggplant slices before serving. (You can do this by putting the sauce in a clean plastic squirt bottle or by using a spoon.)

Source: National Cancer Institute

Sautéed Eggplant Slices

Serves: 4

Ingredients

1 two-pound eggplant

1/2 cup flour

2 eggs

2 cups bread crumbs (or 1 cup cornmeal)

1 tablespoon oil

salt and pepper to taste

1. Peel and cut eggplant into 1/2 inch slices.
2. Dredge eggplant through flour and shake off excess.
3. Beat eggs and dip eggplant slices in egg mixture.
4. On a plate lay down a layer of bread crumbs (or cornmeal).
5. Dredge eggplant slices through bread crumbs (or cornmeal).
6. Place slices on a rack for 15 minutes to dry.
7. Heat oil in pan and sauté pieces until tender.
8. Sprinkle with salt and pepper.
9. Serve hot.

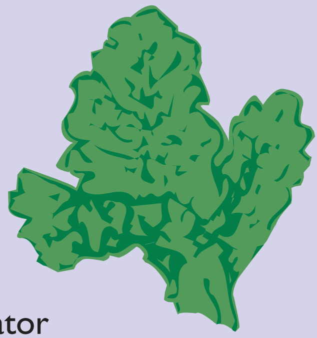
Can be topped with:

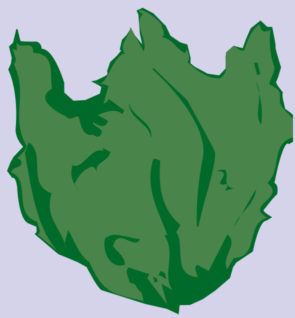
Tomato sauce
Chopped parsley
Drizzle of lemon
Pitted black olives, diced

Greens

Spinach, Swiss Chard, Beet Greens, Collard Greens, Mustard Greens







CHOOSE:

Crisp leaves with good green color and fresh odor. One pound of greens will cook down to one cup, about two servings.

STORE:

Greens should be stored in the refrigerator in a plastic bag, and are best if used within 3 days.

HOW TO USE:

Wash well to remove sand and grit. For a delicious side dish, steam greens in a saucepan for 2 minutes using just the water that clings to the leaves. Greens can also be added to stir-fries and soups. Spinach and young Swiss chard can also be eaten raw. Add to tossed salads for extra color.

Tender Greens

Serves: 4

Ingredients

3 pounds greens (collards, turnips, spinach or beet greens)

1 large onion, chopped

1 chicken bouillon cube

salt and pepper to taste

1. Wash greens thoroughly in several changes of cold water.
2. Add bouillon cube and onion to 3 cups water and bring to a boil.
3. Add greens and cook until tender (2 – 4 minutes). Collards will take about 30 minutes.
4. Salt and pepper to taste before serving.

Kale



CHOOSE:
Crisp, dark colored leaves.

STORE:
Kale should be stored in the refrigerator and is best if used within 2-3 days.

HOW TO USE:
Wash well and remove stringy stalks. Kale can be steamed or stir-fried.

RECIPES

Salad Greens with Kale Croutons

Serves: 4

Ingredients

2 cups kale stems, sliced
2 tablespoons lemon juice
1/2 teaspoon freshly ground black pepper
4 cups fresh salad greens

1. Toss the kale stems with the lemon juice and black pepper.
2. Refrigerate for 2 hours.
3. Toss with fresh salad greens and serve.

Source: National Cancer Institute

Lettuce



CHOOSE:
Crisp, brightly colored lettuce that does not have yellow, wilted, or dry leaves.

STORE:
Lettuce should be stored in a plastic bag in the refrigerator and is best if used within 3-5 days.

HOW TO USE:
Wash well and pat or spin it dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.

RECIPES

Layered Lettuce

Serves: 12

Ingredients

1 head lettuce (4 cups) washed and chopped

1 large cucumber, washed and thinly sliced

1 cup onion, thinly sliced

1 package frozen peas

2/3 cup low-fat yogurt

1/3 cup shredded cheese

1. Spread the pieces of lettuce in the bottom of a large bowl.
2. Cover the lettuce with cucumbers, onions and frozen peas.
3. Spread with yogurt and top with cheeses.
4. Cover the bowl with lid, aluminum foil or plastic wrap.
5. Refrigerate overnight to allow flavors to blend.
6. Serve cold.

Source: Michigan State University Extension

Melons

Cantaloupe and Honeydew



CHOOSE:

A well rounded melon with sweet melon odor and a slight softness when pressed with your thumb. The skin should be creamy yellow or tan with a netting that stands out. Do not choose those that are dented or have soft spots or an overripe color.

STORE:

Ripened melons should be stored in the refrigerator and used within 3-5 days.

HOW TO USE:

Wash well. Slice and scrape the seeds out of the center. Melons are great plain, sliced on cereal, or mixed with yogurt.

Stuffed Cantaloupe

Ingredients

1 ripe cantaloupe

6 ounces cottage cheese

1 (16 ounce) can crushed pineapple, drained

1 cup pecans, chopped

1. Cut cantaloupe in half and clean out center of seeds.
2. Mix cottage cheese, pineapple, and pecans.
3. Stuff cantaloupe with cottage cheese mixture and serve.

Melon Kebabs

Ingredients

12 cantaloupe chunks

12 honeydew chunks

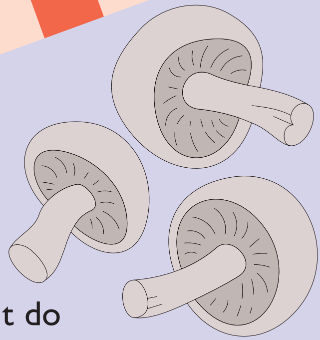
12 watermelon chunks

1/2 cup yogurt

2 teaspoons mint, chopped
wooden skewers

1. Cut cantaloupe, honeydew and watermelon into chunks.
2. Thread alternating chunks (1 cantaloupe, 1 honeydew, 1 watermelon) and repeat until skewer is nearly full (leave about two inches uncovered for holding skewer).
3. Mix yogurt and mint.
4. Dip melon kebab in yogurt and mint mix.

Mushrooms



CHOOSE:

Well-shaped, clean mushrooms. Some brown flecking on the surface is okay, but do not choose mushrooms with dark spots. One pound will make about 6 cups of raw slices or 4 cups chopped pieces. Mushrooms will reduce a lot when cooked.

STORE:

Mushrooms should be stored in a paper bag or open container in the refrigerator and are best if used within 2-3 days.

HOW TO USE:

Just before using, rinse mushrooms with cold water, stems down so that the water will not run up under the caps.

RECIPES

Garden Stuffed Mushrooms

Serves: 4

Ingredients

1/2 cup herb seasoning stuffing mix

1/4 cup butter or margarine, melted

1/4 cup carrots, finely chopped

1/4 cup green peppers, finely chopped

pinch of pepper

2 tablespoons onion, finely chopped

16 mushrooms, stems removed

1. Preheat oven to 350° degrees.
2. In a small bowl, stir all the ingredients together except mushrooms.
3. Stuff each mushroom cap with1 tablespoon of filling.
4. Place in oiled baking pan.
5. Bake until tender (20 – 25 minutes).

Source: Recipe Archives, Carnegie Mellon University, School of Computer Science

Sautéed Mushrooms on Toast

Ingredients

2 cups fresh mushrooms

3 tablespoons onion, chopped

1 small clove of garlic, minced

2 tablespoons fresh chopped parsley

1 tablespoon butter

1. Remove mushroom stems.
2. Slice mushroom caps into thin slices.
3. Melt butter in pan over medium heat.
4. Add mushrooms when butter is bubbling.
5. Stir until mushrooms begin to brown.
6. Add onions and garlic and chopped parsley.
7. Spoon the sautéed mushrooms over warm toast.

Source: Recipe Archives, Carnegie Mellon University, School of Computer Science

Vinaigrette Mushrooms

Ingredients

8 ounces of fresh mushrooms

1/4 cup balsamic vinegar

1/4 cup + 2 tablespoons cider vinegar

1/4 cup olive oil

1 small onion, minced

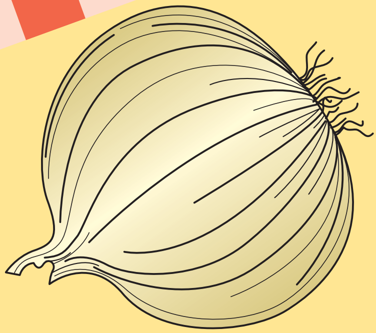
1 teaspoon oregano

2 tablespoons lemon juice

1. Clean mushrooms.
2. Boil them for 10 minutes in a mixture of 2 tablespoons cider vinegar and enough water to cover them.
3. Mix all other ingredients together and add mushrooms.
4. Refrigerate overnight.

Source: Recipe Archives, Carnegie Mellon University, School of Computer Science

Onions



CHOOSE:
Onions that have a hard dry skin and are firm.

STORE:
In a cool, dark, dry place. They may need to be refrigerated in the summer.

HOW TO USE:
Onions add flavor to any recipe. They can be eaten raw or cooked, whole, chopped, grated, sliced, baked, boiled, or sautéed.

RECIPES

Caramelized Onions

Ingredients

1 large onion, peeled and sliced into 1/4 inch slices
1 teaspoon sugar (optional)
1 tablespoon oil

1. Peel and slice onion into 1/4 inch slices.
2. Heat oil in large skillet.
3. Stir onions over low to medium heat until caramel colored.
4. Sprinkle sugar over the onions about halfway through cooking to help them brown.

Source: Oregon State University Extension Service

Oven Baked Onion Rings

Ingredients

2 tablespoons vegetable oil

1 cup bread crumbs, finely ground

1/4 cup flour

1/2 teaspoon salt

1 egg

1 large mild onion, peeled, cut into 1/4 inch slices

1. Preheat oven to 425° degrees.
2. Line shallow baking sheet with foil.
3. Brush foil with oil.
4. Stir bread crumbs, flour and salt together and spread on a large plate.
5. In a bowl, beat the egg slightly.
6. Separate the onion slices.
7. Dip in egg and press into bread crumb mixture, turning to coat both sides.
8. Place breaded onion rings in a single layer on the pan and bake for 15 minutes.
9. Turn over and bake for another 15 minutes or until golden brown and crispy.

Source: Oregon State University Extension Service

Parsnips



CHOOSE:
Firm, well shaped roots that are small to medium size.

STORE:
Parsnips should be stored in the refrigerator in a plastic bag and used within several weeks.

HOW TO USE:
Wash well. To cook, leave whole, diced, or sliced. Place in steamer or small amount of boiling water. Cover and cook for 30 minutes or until tender.

Parsnip and Carrots

Ingredients

2 medium carrots, peeled

5 small parsnips (about 1 pound), peeled

1/4 cup flour

2 large eggs, beaten

1 teaspoon chives, minced

1 teaspoon parsley, chopped

salt and pepper to taste

oil for frying

1. Coarsely grate carrots and parsnips.
2. Stir into the flour.
3. Add the eggs, chives, parsley, and salt and pepper to taste.
4. Mix until evenly moistened.
5. Heat oil in sauce pan.
6. Drop in mixture by tablespoons and flatten.
7. Cook over medium heat until brown on both sides.

Parsnips and Sweet Potatoes

Serves: 6

Ingredients

4 medium sweet potatoes, peeled and cut into 1 inch pieces

2 parsnips, peeled and cut into 1 inch pieces

1/2 cup milk

2 tablespoons butter

1/2 teaspoon salt

1/4 teaspoon pepper

1. Fill a large pot half full with water and heat until boiling.
2. Add parsnip and sweet potato pieces to boiling water and return to a boil.
3. Boil another 6 – 8 minutes or until tender.
4. Drain vegetables and place in a large bowl.
5. Add butter and milk and mash into vegetables until smooth.
6. Add salt and pepper and serve.

Peaches



CHOOSE:
Peaches with a yellowish golden background. A red blush does not necessarily mean the fruit is ripe. A ripe peach is firm but yields to gentle pressure and has a strong, sweet smell.

STORE:
In refrigerator in a plastic bag. Ripe peaches will keep 3–5 days in the refrigerator. If peaches need to ripen, place them in a loosely closed paper bag at room temperature. Check daily for ripeness.

HOW TO USE:
When ripe, wash peach under running water and, if desired, gently rub off the "fuzz". If a recipe calls for peeled peaches, dip the peach in boiling water for 20 seconds. Remove from the water with a slotted spoon and dip in cold water. Skins will come off easily. Sprinkle peeled or cut peaches with lemon juice or orange juice to keep them from turning dark. Slice or chop peaches and use in plain yogurt or on a salad. Peaches can also be used as a topping on cereal, pancakes, cottage cheese or ice cream.

Pocket Peach Pies

Serves: 4

Ingredients

4 (8 inch) flour tortillas
2 medium peaches
1/4 teaspoon ground cinnamon
2 tablespoons brown sugar
1/8 teaspoon ground nutmeg
2 tablespoons milk
sugar (optional)

1. Preheat oven to 350° degrees.
2. Warm tortillas in microwave or oven to make them easier to handle.
3. Peel and chop fruit into small pieces.
4. Place 1/4 of the fruit on each tortilla.
5. In a small bowl, stir together the brown sugar, cinnamon, and nutmeg and sprinkle over the fruit.
6. Roll up the tortillas.
7. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
8. Bake in a 350 degree oven for 8 to 12 minutes, or until lightly brown.
9. Serve warm or cold.

Source: Kids a Cookin'

Peach and Cabbage Slaw

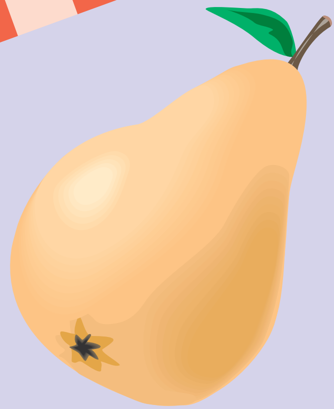
Serves: 4

Ingredients

1/4 cup sugar
1/4 cup cider vinegar
1/4 cup green pepper, diced
1/4 cup red bell pepper, diced
4 cups cabbage, shredded
1 large peach, diced
pinch of pepper

1. In a large bowl, mix the sugar and cider vinegar until blended.
2. Stir in green and red peppers.
3. Add the cabbage and peach.
4. Add a pinch of pepper and stir until evenly mixed.
5. Chill and serve.

Pears



CHOOSE:

Firm, well-shaped pears that do not have any bruises. They are ready to eat when they are slightly soft.

STORE:

Pears should be stored in the refrigerator or at room temperature and are best if used within one week.

HOW TO USE:

Wash well. Eat plain or use in your favorite recipe.

RECIPES

Mixed Pear Salad

Serves: 4

Ingredients

1/2 pound of spinach (or mixed salad greens)
2 pears, cored and diced
2 medium carrots, cut into thin slices (like matchsticks)
3 tablespoons pecans
salt to taste
3 tablespoons balsamic vinegar
olive oil to taste

1. Toss the spinach (or greens), pears and carrots together in a bowl.
2. Sprinkle the pecans and salt over the salad.
3. Sprinkle the vinegar over the salad.
4. Sprinkle salad with olive oil to taste

Ginger Pears

Ingredients

1 cup sugar

2 cups water

2 pounds pears

2 lemon, grated

1 thumb size piece of ginger, very thin slices

1 teaspoon salt

1. Boil sugar and water.
2. Add lemon.
3. While still boiling, add ginger.
4. Peel and core pears.
5. Drop pears in boiling liquid.
6. Simmer for 1/2 hour.
7. Serve pears chopped or sliced.

Peas



CHOOSE:
Pods that are green, and not too fat (large peas are old and tough). You may find snow peas or sugar snap peas, both of which are eaten shells and all, raw as well as cooked. Approximately 2 pounds of peas in the pod will feed 4 people. For snow peas and sugar snap peas, one pound is enough for 4 people.

STORE:
Pea should be stored in the refrigerator and are best if used within 3-5 days.

HOW TO USE:
Shell peas can be cooked in their shells, steamed or boiled for 5 minutes, or they can be cooked directly in a soup or stew. Snow peas and sugar snap peas take about 2-3 minutes of steaming or cooking.

Peas and Onions

Serves: 4

Ingredients

5 tablespoons olive oil
2 cups shelled green peas
3 green onions with stems, chopped
salt and pepper to taste
3 teaspoons fresh basil (optional)
hot pepper flakes to taste (optional)
grated parmesan cheese

1. Heat olive oil in large pan.
2. Add peas and green onions and sauté for 2 – 3 minutes.
3. Add salt and pepper to taste.
4. Add basil and/or red pepper flakes.
5. Cover pan for 1 – 2 minutes.
6. Just before serving sprinkle with parmesan cheese.
7. Serve hot.

Peas in White Sauce

Serves: 4

Ingredients

2 tablespoons butter
2 tablespoons flour
1/2 onion, chopped
1 cup milk
1 pound shelled peas

1. In a large pan, sauté onion and peas in butter.
2. Add flour and stir.
3. Add milk and bring to a boil, stirring constantly.
4. Salt and pepper to taste.
5. Reduce heat and cook until peas are tender.

Peppers



CHOOSE:
Firm, smooth peppers that have good color and shape and do not have soft spots or wrinkled skin.

STORE:
Peppers should be stored in the refrigerator and are best if used within 3-5 days.

HOW TO USE:
Wash well and remove seeds and stem. When cutting hot peppers, wear rubber gloves and keep the gloves on while cleaning the cutting board, knife, and gloves. Do not touch your eyes when you are cutting hot peppers.

Veggie Pillows

Serves: 2

Ingredients

1/2 green pepper

1 celery stalk

1 carrot, peeled

2 tablespoons ranch-style salad dressing

1 slice pita bread

1. Wash vegetables and chop into small pieces.
2. Combine vegetables in a small bowl and add dressing.
3. Cut pita bread in two half-moon shapes and open pita pocket.
4. Stuff veggies into each pocket.
5. Serve.

Source: Kids A Cookin'

Italian Style Garden Vegetables

Serves: 6

Ingredients

1/2 cup onion, chopped

1 small squash, diced (zucchini or yellow)

1 tomato, diced

1 green pepper, chopped

1 teaspoon oregano

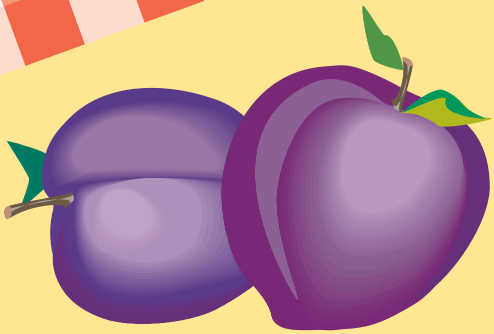
1 (8 ounces) can tomato sauce

1/2 cup mozzarella cheese, shredded

1. Wash and chop vegetables.
2. Combine vegetables in baking dish.
3. Pour on tomato sauce.
4. Bake covered at 350° degrees for 20 – 30 minutes.
5. Top with cheese and bake uncovered another 4-5 minutes until cheese is melted.

Source: Michigan State University Extension

Plums



CHOOSE:
Plump, slightly soft plums that do not have bruises or shriveled skin.
Under ripe fruit will ripen at room temperature.

STORE:
Ripe plums should be stored in the refrigerator in a plastic bag and used within several days.

HOW TO USE:
Wash well prior to eating. Plums are great plain or used in your favorite recipe.

Plum Sauce*

Serves: 4

Ingredients

1/2 teaspoon oil
1 medium onion, chopped
6 red plums, pitted and chopped
1/2 teaspoon oregano
1 cup orange juice
1 tablespoon brown sugar, as needed

1. In a medium saucepan, heat oil.
2. Add onion and sauté until soft (about 5 – 6 minutes).
3. Add plums, oregano and orange juice and simmer for 20 minutes.
4. Add brown sugar if sauce is too tart.
5. For a smooth textured sauce, push through a sieve. For chunky sauce, serve as is.

* Great with meat

Source: National Cancer Institute

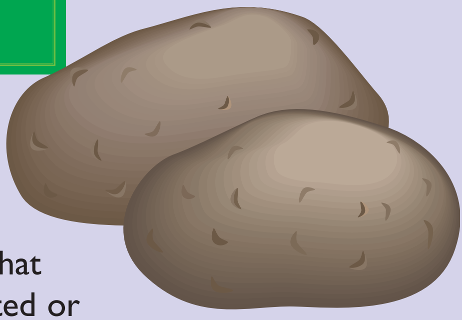
Stuffed Plums

Ingredients

1 package (8 ounces) cream cheese, softened
1/2 cup pecans, chopped
12 ripe plums

1. Combine cream cheese and pecans.
2. Cut plums in half and remove the pits.
3. Spread cream cheese mixture on plum halves.
4. Put halves together like a sandwich and serve.

Potatoes



CHOOSE:
Firm and fairly smooth potatoes. Avoid potatoes that have sprouted or have wilted or wrinkled skin, cut surfaces, or green or dark areas.

STORE:
In a cool, humid (but not wet), dark place. Do not wash before storing. Do not refrigerate.

HOW TO USE:
Wash well. Potatoes can be steamed, boiled, baked, roasted, or microwaved.

Onion - Bell Pepper Roasted Potatoes

Serves: 8

Ingredients

8 small unpeeled potatoes (2 1/2 pounds)

1 small onion, halved lengthwise and thinly sliced

1 small green pepper, cut into 2 1/2 inch x 1/4 inch strips

2 tablespoons low calorie margarine, melted

1/4 teaspoon salt

1/4 teaspoon pepper

1. Cut each potato crosswise into 1/4 inch slices, cutting to but not through the bottom of the potato.
2. Gently insert onion slices and pepper slices alternately into slits.
3. Brush with melted margarine.
4. Sprinkle with salt and pepper.
5. Bake at 425° degrees for 45 minutes.
6. Let stand for 10 minutes before serving.

Source: Official 5 A Day Recipe
www.recipeamerica.com

Speckled Potatoes

Serves: 6

Ingredients

6 medium red potatoes, peeled and thinly sliced

1/2 cup onion, minced

1 clove garlic, minced

1 chicken bouillon cube

1/2 cup chopped parsley

Salt and pepper to taste

1. In a large saucepan with one inch of water, combine potatoes, onions, garlic, and bouillon cube.
2. Cover and cook 10 minutes on medium heat.
3. Add parsley; cook 5 minutes more, or until potatoes are tender; drain water.
4. Salt and pepper to taste.

Source: Official 5 A Day Recipe
www.cdc.gov

Pumpkin



CHOOSE:

Firm, well-shaped pumpkin that is heavy for its size and has a hard, tough skin. Don't choose those that are sunken or have moldy spots.

STORE:

Pumpkins should be stored in a cool dry place and will keep for several months.

HOW TO USE:

To cook, wash and cut into quarters, or smaller pieces. Peel and remove seeds. Boil or steam in a small amount of water for about 25-35 minutes or until tender. To bake, wash and cut in half or in smaller pieces depending on the size. Remove seeds. Place cut side down in a shallow baking pan and bake at 375° degrees for about 40-50 minutes.

RECIPES

Roasted Pumpkin Seeds

1. Wash the seeds and spread them on a cookie sheet.
2. Roast them in a 375 degree oven until dry (about 20 minutes).
3. Dot the seeds with butter or margarine, and heat for 5 – 10 more minutes at 400° degrees.
4. Stir the seeds often.
5. For extra flavor, sprinkle the roasted pumpkin seeds with your favorite seasoning. Try garlic, onion or parmesan cheese. Store in a covered container.

Pumpkin Soup

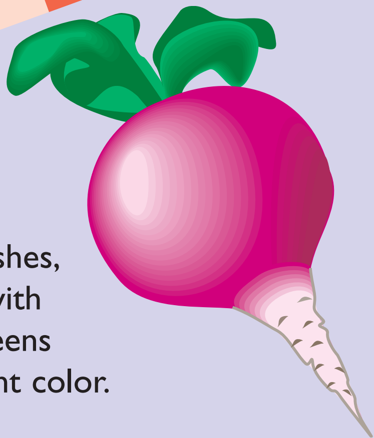
Serves: 4

Ingredients

1 pound piece of pumpkin, peeled
1/4 cup butter
1 medium onion, finely chopped
3 cups vegetable stock or water
2 cups milk
pinch of cinnamon
salt and pepper to taste

1. Chop the pumpkin piece into 1-inch cubes.
2. Heat the butter in a saucepan.
3. Add the onion and cook over moderate heat until it softens (6 – 8 minutes).
4. Stir in the pumpkin pieces and cook for 2 – 3 minutes more.
5. Add the stock or water and cook until the pumpkin is soft (about 15 minutes).
6. Remove from heat and puree in a blender.
7. Return it to the pan and stir in the milk and cinnamon.
8. Season with salt and pepper to taste and bring soup back to a boil.
9. Serve hot.

Radishes



CHOOSE:
Smooth, crisp, well-formed radishes, without black spots. If bought with the greens still attached, the greens should be fresh and have a bright color.

STORE:
Radishes should be stored in the refrigerator and are best if used within two weeks.

HOW TO USE:
Radishes should be scrubbed and washed with cold water. Trim tops and bottoms. Do not peel. Radishes add zest and color to tossed salads.

Simmered Radishes

Serves: 4

Ingredients

3 bunches red round radishes (3 cups)

1 cup low-sodium chicken or vegetable broth

2 teaspoons cornstarch mixed with 2 tablespoons of water

1/4 teaspoon pepper

1. Trim the radishes leaving a little of the green stems and cutting off the root end.
2. Place in a saucepan with the broth and bring to a boil.
3. Cover and reduce the heat and simmer until tender (about 10 minutes).
4. Stir in the cornstarch/water mix and heat to thicken.
5. Dust with pepper.

Source: National Cancer Institute

Chinese Radish Salad

Serves: 6

Ingredients

20 radishes, ends trimmed off, sliced very thin

1 green pepper, finely sliced

Dressing

2 tablespoon vinegar

4 teaspoons soy sauce

1 tablespoon sugar

1. Combine the radishes and green pepper in a bowl.
2. In a cup mix all the dressing ingredients, stirring them well to dissolve the sugar.
3. Add the dressing to the vegetables and mix well.

Rhubarb



CHOOSE:

Firm, crisp stalks, not too big, but not too skinny.

WARNING: THE LEAVES OF THE RHUBARB PLANT ARE POISONOUS

STORE:

Rhubarb should be stored in the refrigerator in a plastic bag and used within a week.

HOW TO USE:

Wash well and use in your favorite recipe.

Rhubarb Bread

Ingredients

Bread

1/2 cup margarine
3/4 cup sugar
2 eggs
1/3 cup sour milk
1 teaspoon vanilla
2 cups flour
1 teaspoon baking soda
2 cups Michigan rhubarb, chopped

Topping

2 tablespoons margarine
2 tablespoons sugar
2 tablespoons flour
1/2 teaspoon cinnamon

1. Mix (cream) the margarine, sugar and eggs together.
2. Mix the remaining ingredients into the creamed mixture, adding the rhubarb last.
3. Pour into a greased loaf pan.
4. Mix the topping ingredients together and spread on the loaf before baking.
5. Bake at 350° degrees for one hour.

Source: michigan.gov/mda

Rhubarb Sauce

Ingredients

5 cups of rhubarb, cut into small pieces
1 cup sugar
1 teaspoon cinnamon

1. Place rhubarb, sugar and cinnamon in a heavy saucepan.
2. Cover and cook slowly until rhubarb is tender (about half an hour).

Serve hot over French toast or pancakes. Serve cold with meat and main dishes.

Rutabagas



CHOOSE:
Smooth, uncracked, heavy roots.

STORE:
Rutabagas will keep for months in a cool place.

HOW TO USE:
Wash and peel. Slice or cube and cook in a small amount of boiling water, covered for 20 – 35 minutes. Rutabagas are delicious in soups or stews, as well as boiled or steamed and sliced or mashed as a side dish.

RECIPES

Mashed Rutabagas

Serves: 4

Ingredients

4 small rutabagas
1 small potato (optional)
up to 1/2 cup low-fat milk
1/4 teaspoon salt
1/4 teaspoon white pepper

1. Peel the rutabagas and potato and cut in quarters.
2. Steam over boiling water for 25 minutes or until very soft. (adding potato will make it thicker.)
3. Mash with a potato masher, adding just enough milk to get the thickness you want.
4. Season with salt and pepper and reheat before serving.

Source: National Cancer Institute

Spinach



CHOOSE:

Crisp leaves with good green color and fresh odor. One pound of fresh spinach will cook down to one cup, about two servings.

STORE:

Spinach should be stored in the refrigerator in a plastic bag, and are best if used within 3 days.

HOW TO USE:

Wash well to remove sand and grit. For a delicious side dish, steam spinach in a saucepan for 2 minutes using just the water that clings to the leaves. Spinach can also be added to stir-fries and soups. Spinach can also be eaten raw.

RECIPES

Wilted Spinach

Serves: 4

Ingredients

3 slices of bacon, cut in 1/2 inch pieces

2 tablespoons sugar

1/4 cup vinegar

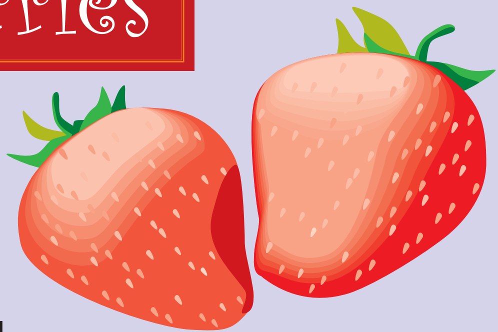
2 tablespoons vegetable oil

4 cups fresh raw spinach, washed, and coarsely chopped

1. Fry bacon pieces until crisp in frying pan. Remove from pan and pat bacon with paper towel or napkin to absorb grease.
2. Pour bacon grease out of pan and discard.
3. Turn off heat. Mix sugar and vinegar in frying pan used for bacon until sugar dissolves.
4. Stir oil into sugar and vinegar. Turn heat on medium-low and cook until slightly thickened, stirring constantly.
5. Put washed spinach in large bowl. Pour hot dressing over spinach.
6. Add bacon.
7. Toss to mix and serve immediately.

Source: Michigan State University Extension

Strawberries



CHOOSE:
Strawberries that are brightly colored, firm, and have hulls attached. Avoid boxes that are leaking, or show signs of mold. A pint equals about 2 cups of sliced strawberries.

STORE:
Strawberries should be stored in the refrigerator and are best if used within 2-3 days.

HOW TO USE:
Wash strawberries and remove hulls just before using. Eat plain, with cereal, or mixed in yogurt.

Strawberry and Spinach Salad

Ingredients

1 bunch of fresh spinach
2 1/2 tablespoons white vinegar
1/4 cup sugar
1/2 cup vegetable oil
1/2 teaspoon salt
1 cup strawberries, rinsed and sliced

1. Wash spinach and dry with paper towel.
2. Make salad dressing by combining sugar and vinegar and then stirring. Then add oil and salt and stir.
3. Put spinach and strawberries in bowl.
4. Pour desired amount of salad dressing over spinach and strawberries.

Fruit Salsa

Serves: 4

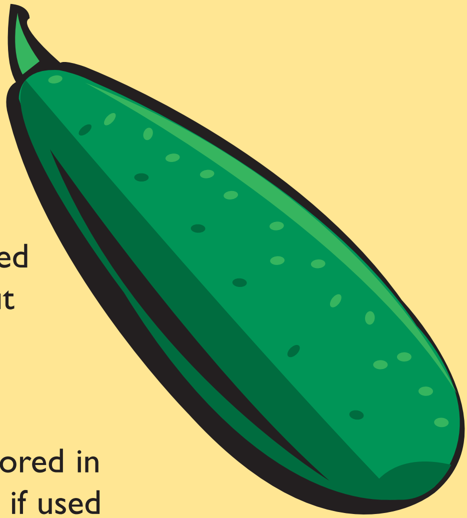
Ingredients

1 cup strawberries, diced
1 banana, diced
1 cup grapes cut in half
1 apple, cored and diced
2 tablespoons lemon juice
1/4 cup sugar
1/4 teaspoon nutmeg
1/2 teaspoon cinnamon

1. Combine fruits in medium mixing bowl.
2. Stir in sugar, cinnamon, and nutmeg.
3. Refrigerate until serving.

Source: Kids A Cookin'

Squash, Summer



CHOOSE:
Squashes that are on the small side (unless you plan on stuffing them), crisp and free of soft spots and wrinkled skin. One pound makes about 3 cups of slices, serving 4.

STORE:
Summer squash should be stored in the refrigerator and are best if used within one week.

HOW TO USE:
Wash well. Do not peel, just cut off the ends. Summer squash can be eaten raw or cooked. Slice them in salads or use as part of a cold vegetable platter. To cook, steam in a small amount of water until tender (5-10 minutes).

Zucchini with Lemon and Parmesan

Serves: 2

Ingredients

1 pound zucchini

1/2 teaspoon olive oil

1/2 teaspoon grated lemon peel

1 tablespoon parmesan cheese

pepper to taste

1. Cut zucchini into strips.
2. Heat olive oil in a skillet over medium-high heat.
3. Add zucchini and lemon peel, cook until lightly browned (about 3 minutes).
4. Toss with parmesan and pepper.
5. Serve.

Source: Official 5 A Day Recipe
www.aboutproduce.com

Skillet Zucchini with Chopped Tomatoes

Serves: 4

Ingredients

1 teaspoon soft margarine

2 small onions, chopped

4 small zucchini, thinly sliced

2 medium tomatoes, chopped

ground pepper

1. Melt margarine in a skillet over medium heat.
2. Add onions and cook until softened.
3. Add zucchini and cook for two minutes.
4. Add tomatoes and cook for 3-5 minutes or until zucchini is tender.
5. Season to taste with pepper.
6. Serve.

Source: Official 5 A Day Recipe
www.cdc.gov

Squash, Winter



CHOOSE:

Firm, well-shaped squash that are heavy for their size and have a hard, tough skin. Don't choose those that are sunken or have moldy spots.

STORE:

Winter squash should be stored in a cool dry place and will keep for several months.

HOW TO USE:

To cook, wash and cut into quarters, or smaller pieces. Peel and remove seeds. Boil or steam in a small amount of water got about 25-35 minutes or until tender. To bake, wash and cut in half or in smaller pieces depending on the size. Remove seeds. Place cut side down in a shallow baking pan and bake at 375° degrees for about 40-50 minutes.

Wonderful Winter Squash

Ingredients

1 winter squash (butternut or acorn)

2 teaspoons soy sauce

1 tablespoon maple syrup or honey

1. Cut squash in half, peel it, and remove seeds.
2. Cut in 1 inch cubes.
3. Place squash in large pot with 1/2 cup water.
4. Add soy sauce and syrup/honey.
5. Cover and simmer over medium heat until squash is tender (15 – 30 minutes).

Source: Michigan State University Extension

Acorn Squash and Apple Puree

Serves: 2

Ingredients

1 acorn squash, halved, seeds and strings discarded

1 yellow apple (golden delicious), cut into 1-inch pieces

1/2 tablespoon butter

fresh nutmeg to taste

1. Arrange squash cut-side-down in a glass dish. Prick the skin all over with a sharp knife, and microwave at high power for 10 minutes.
2. Put the apple in a glass measuring cup, cover with plastic wrap, and microwave it with the cooked squash for 4-6 minutes, or until both are tender.
3. Scoop out the squash, discarding the skin.
4. Pour off any liquid from the apples, and put apples and squash through a food processor.
5. Stir in butter, nutmeg, and salt and pepper to taste.

Source: Official 5 A Day Recipe
www.cdc.gov

Sweet Potatoes



CHOOSE:

Firm and fairly smooth sweet potatoes. Avoid sweet potatoes that have wilted or wrinkled skin, cut surfaces, or dark areas.

STORE:

In a cool, humid (but not wet), dark place. Do not wash before storing. Do not refrigerate.

HOW TO USE:

Wash well. Sweet potatoes can be steamed, boiled, baked, roasted, or microwaved.

RECIPES

Yummy Yam Sticks

Ingredients

2 pounds sweet potatoes or yams

1-2 teaspoons vegetable oil

Sprinkle of lemon juice (optional)

Sprinkle of rosemary (optional)

1. Wash and cut sweet potatoes into sticks or wedges.
2. Place potatoes in a bowl and toss with oil.
3. Spread out onto baking sheet.
4. Sprinkle with rosemary. (if desired)
5. Bake 1/2 hour at 375° degrees, or until brown and tender (you may want to turn them over half way through the baking time).
6. Sprinkle with lemon juice. (if desired)

Source: Michigan State University Extension

Asian Sweet Potato Fries

Serves: 4

Ingredients

2 medium sweet potatoes, peeled

1 tablespoon cinnamon

1/2 teaspoon granulated sugar

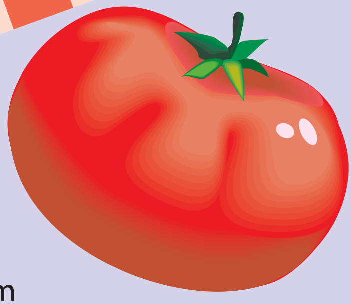
3/4 cup dipping sauce (ketchup or plum sauce)

Vegetable oil cooking spray

1. Preheat oven to 350˚ degrees.
2. Cut sweet potatoes into 3-4 inch strips about 1/4 inches thick.
3. Line a baking sheet with aluminum foil or parchment paper and spread fries on it in one layer. Spray them lightly with cooking spray.
4. In a bowl, stir together seasonings and sugar – sprinkle this on the fries.
5. Bake for 45-55 minutes or until fries are soft.
6. Serve.

Source: Official 5 A Day Recipe
www.cdc.gov

Tomatoes



CHOOSE:
Plump, unblemished fruits with a distinct tomato smell. One medium tomato chopped equals about 1/2 cup.

STORE:
Tomatoes that are unripe but slightly pink should be stored in indirect light or in a paper bag to ripen. Ripe tomatoes should be stored in the refrigerator and used within a week.

HOW TO USE:
Wash well and eat raw or cooked in your favorite recipe.

RECIPES

Fresh Tomato Salsa

Ingredients

3 large tomatoes, chopped
1 medium mild onion, minced
2 – 3 jalapenos, seeded and minced
3 tablespoons fresh cilantro, chopped
1 teaspoon salt
Juice of 1 lime

1. Mix all ingredients together.
2. Store in refrigerator for several hours to mix flavors.

Homemade Tomato Sauce Recipe

Serves: 8

Ingredients

1/4 cup olive oil

1 large onion, peeled and coarsely chopped

1 large carrot, peeled and coarsely chopped

3 cloves garlic, peeled and minced

5 large tomatoes, coarsely chopped

2 tablespoons tomato paste

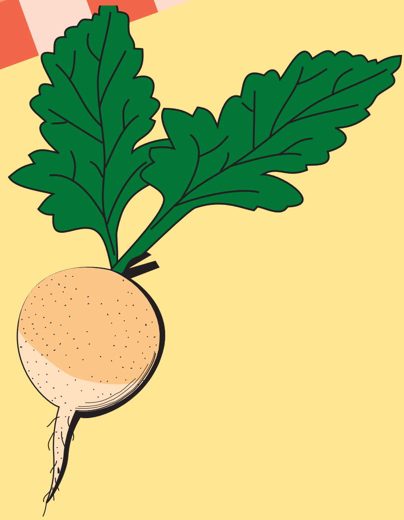
sea salt to taste

ground black pepper to taste

1. Heat olive oil over medium-high heat.
2. Sauté the onion and carrot for 2-3 minutes.
3. Reduce heat to medium and cover for 25 minutes, until soft and golden.
4. Add garlic, stir well, and cover 5 more minutes.
5. Add tomatoes and tomato paste, bringing to a boil.
6. Reduce heat to medium-low and simmer 10 minutes.
7. Put sauce through a food processor.
8. Add salt and pepper to taste.
9. Sauce can be refrigerated for 1 week or frozen for 3 months.

Source: Zingerman's Guide to Good Eating

Turnips



CHOOSE:
Small, firm, smooth roots without scars or cracks. One pound equals about 4 cups diced.

STORE:
Turnips should be stored in the refrigerator and are best if used within 1-2 weeks.

HOW TO USE:
Wash and peel. Turnips can be eaten raw or cooked. To cook, slice or cube and cook in a small amount of water for 10-20 minutes. Turnips are excellent in soups and stews.

RECIPES

Turnip Soup

Serves: 4

Ingredients

4 medium turnips

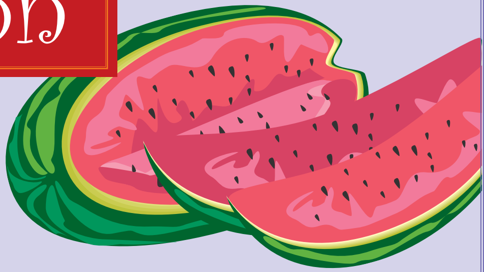
1 small onion

1/2 teaspoon freshly grated gingerroot

1. Peel the turnips and onion and cut into chucks.
2. Cover with water and boil until soft.
3. Puree in blender
4. Add grated gingerroot and reheat.
5. Serve.

Source: National Cancer Institute

Watermelon



CHOOSE:

Well-rounded smooth surface watermelon with a dullish sheen. The underside should be creamy yellow in color. To test ripeness, try slapping the melon. If the sound is flat and dull, it may be under ripe. If it sounds hollow, it may be overripe.

STORE:

Cut melon should be stored in the refrigerator and covered with plastic wrap. Whole melons do best there too, if they fit in. Otherwise, keep melons in the coolest part of the house. Use watermelon within a few days.

HOW TO USE:

Wash well. Cut into wedges or slices and serve.

RECIPES

Red White and Blue Salad

Serves: 2

Ingredients

1 round slice watermelon, 1 inch thick
1/2 cup low fat vanilla yogurt
1/2 cup low fat blueberry yogurt

1. Cut watermelon slice in half, and cut each half into 5 wedges. Remove the rind.
2. On a plate, arrange each group of 5 wedges into a star shape, with points out.
3. Spoon half of each flavor of yogurt into the center of each star.

Source: Kids A Cookin'

RECIPES

MICHIGAN STATE
UNIVERSITY
EXTENSION

